

switch

'Switch off, Get out!'

Using the 10 week programme we aim to enable you and your Solemini to run for 30 minutes together.

You must first consider that you will need to go at your Solemini's pace. No pressure, just a focus on being together in the great outdoors.

Get Active. Stay strong. Be kind

Follow the 10 week plan.

DON'T FORGET A FUN WARM UP!

Aim to do 2 runs per week with rest days in between.

Complete the progress chart and provide rewards (ideally not food related) maybe a new pair of trainers upon completion!

Week	Run-Minutes	Walk-Minutes	Repeat	Session Total-Minutes
1	2	4	x5	30
2	3	3	x5	30
3	5	3	x4	32
4	7	3	x3	30
5	8	2.5	x3	31.5
6	9	2.5	x3	34.5
7	9	2	x3	33
8	13	2	x2	30
9	14	2	x2	32
10	RUN FOR 30 MINUTES!!!!			

Commented [U1]:

Trialling with Age 5+